



THE MARKET BASKET

What To Eat Where To Get It How To Cook It



The Home Kitchen

Five Delicious Fish Soups and Chowders

Fish soups and chowders are economical, for the main dish of the dinner to be served afterward may be light and inexpensive. But both soup and chowder should be prepared according to a well tried recipe, and served attractively.

Fish Stock for Soups

Buy a cod's head and shoulders, or some of the smaller fish with bones and trimmings, and put them into cold water with the outside leaves and stalks of celery, two bay leaves, parsley, a sliced onion, a half-bushel of garlic, a half-saltspoonful of curry powder, one clove and a sliced lemon. Boil gently for an hour, then strain, reheat, boil down for 20 minutes slowly, season, and set aside to cool. This should yield about three pints of thick broth, or stock, ready for use. This stock is called "fishette," and will keep in a cold place from 12 to 14 hours.

New England Clam Chowder

Chop one dozen clam chowders coarsely after straining off the juice. Take a pint of juice and a pint of water, add a tablespoonful of chopped, white celery leaves, a large, thinly-sliced onion and six sliced potatoes. Boil for 20 minutes, add a pint and a half of hot milk, the clams, and a dozen fresh pilot crackers broken in pieces, pepper, a teaspoonful of sugar and a tablespoonful of butter. Cover the chowder, and let it stand at boiling point for 20 minutes, then let it stand away from the fire. When ready to serve, reheat, but do not boil it.

Creole Soup

Take one quart of fish stock and add to it a large can of tomatoes, a big Spanish onion sliced, a bay leaf, a minced green or red pepper, a quartercupful of chopped celery leaves, a halfbushel of garlic, a saltspoonful of curry powder, a saltspoonful of sugar. Heat and simmer gently for 30 minutes. Heat two tablespoonfuls of butter with three tablespoonfuls of flour, cook together until blended, then add to the soup and cook gently for 15 minutes. Rub through a pure sieve, reheat, add pepper and salt to taste, and stir in a cupful of freshly boiled rice.

Fish Chowder

Place a few slices of fat bacon on the bottom of the chowder pot and on them two thick fish filets, cover with thinly-sliced onion, then a layer of sliced potatoes, butter, pepper, salt and the crumbs of one pilot cracker. Next, add another

layer of fish and repeat the order, covering the top with buttered pilot crackers broken in pieces. Pour over all a quart of fish stock, and cook gently for 40 minutes.

Cream of Oyster-Plant Soup

Scrape and cut in pieces one bunch of oyster-plant, boil until tender, then mash and add to a soup made of a quart of fish stock, a pint of milk, seasoning and a half-cupful of crumbs. Turn into a tureen on a well-beaten egg.

Some Delicious Recipes Used by Norwegian Cooks

The cookery of Norway is closely allied to that of Sweden and Denmark, and comes under the head of Scandinavian cookery, with the exception of a few special local dishes. As all Scandinavian families live well, the women being, generally, good cooks, one cannot make any mistake in trying a few of the better-known dishes. Quite a number of the delicacies come to the United States in cans, bottles and boxes, including fish specialties and cheese, and some of their foods are made here, among them their flat bread, cream and other soft cheeses, pickles, preserves and the prepared fish, of which these dwellers in a cold climate are very fond.

Many relishes precede a dinner in Norway, such as stuffed eggs and flavored, sweet butter. Onion juice, chopped chives or capers, pepper, salt, a quarter-teaspoonful of sugar and a teaspoonful of made mustard from a favorite combination to work into a butter, which is used to stuff a green pepper. The pepper is then chilled, and when ready to serve, is cut in even slices. Fish relishes predominate. In winter there are a few hot relishes mixed with the cold ones, such as herring roe seasoned and baked in pie-crust fingers, hot sausages rolled in boiled cabbage leaves then dipped in a tasty sauce and little fish patties.

Norwegian Soup. Boil three-quarters of a cupful of rice, after washing, in a quart of boiling water, adding a stick of cinnamon and a teaspoonful of butter. Boil five minutes, then add a half-cupful of stoned raisins. Beat the yolks of three eggs with a heaping tablespoonful of sugar until thick and well blended, then beat in a half-cupful of cider. When the soup has boiled 15 minutes, remove it from the fire and stir in the cider and egg, a little at a time, then pour all into a double boiler and reheat. Just before serving, add a tablespoonful of prepared cooking sherry.

Norwegian Pork Dish. Cut two pounds of fresh pork into inch-square cubes and marinate in salt, pepper and onion juice for a half-hour, stirring often. Grate

enough white potatoes to make three cupfuls, add a teaspoonful of salt, a little pepper and enough flour to make a firm but soft dough. Roll the dough into balls, patting a piece of pork in the center of each, and place in boiling, salted water to boil briskly for an hour and 15 minutes. Drain, place on a hot dish, pour melted butter over the dumplings and sprinkle with chopped parsley.

Norwegian Salad

Boil, pare and dice six potatoes. Boil two eggs hard. Open a large box of sardines, remove the skin and bones, and flake them. Mix the potatoes and fish and add the eggs, coarsely chopped. Toss all in French dressing to which the juice of an onion and a teaspoonful of made mustard has been added.

Scandinavian Cookies

Cream together a cupful each of butter and sugar, add a beaten egg and a tablespoonful of ground, bitter almonds, and sift in a cupful and three-quarters of pastry flour and a tablespoonful of vanilla. Beat well, then put through a pastry tube in wreaths on a buttered tin and bake a delicate brown.

There are approximately 205,000 farms in Indiana, according to the latest figures.

Read the Classified Ads

MRS. SOLOMON SAYS—

Of course,

There are very few of us who remember "The Age of Innocence"—That gloomy, gruesome period of horse-hair furniture, hand-painted plaques and Victorian morals.

Which Edith Wharton has pictured for us.

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The beautiful age of musical comedies, problem novels, red-ink table d'hôte dinners, "soul-mates," alcohols, champagne, suffragettes, and Great Loves—when life had not yet had the bloom rubbed off!

The age when one god tailored suit and one evening gown constituted a woman's "wardrobe"—And white gloves were worn only for "dainty occasions."

When a man still wondered how a woman's clothes were made—and found her such a "fascinating mystery!"

When all the solid things were marked "Made in Germany," and all the dainty things were marked "Made in Paris!"

And we still believed that their WERE made there.

When a glass of wine with one's dinner was either a custom or a

temptation—but not a crime!

When young girls were considered "sweet—but insipid"—and widows were the sentimental caviare of a man's life.

When a good-night kiss from a girl was a privilege or a favor, and not just an offer of quid pro quo, in return for a dinner and a seat at the theater.

When a man felt that he had to know you at least a few hours before telling you that he could love you—

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When the sight of a pretty feminine ankle gave a man a real thrill. When a girl rouged only at night and then very carefully, so that "nobody in the world could detect it, my dear!"

When we thought we were being very wicked and "devilish" if we puffed a cigarette after dinner, sang "There'll Be No Wedding Bells For Me!" read Ellen Key, or called ourselves "Bohemians."

When cooks and housemaids said, "Yes, Ma'am and 'No, Sir," and waiters often caught themselves thanking you for a big tip.

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Keep Pace With Evolution

DARWIN declared that the human race was merely an evolution of the monkey tribe. Some people agree with him. Others do not.

But there is no denying that even within the memory of most of us, there has been considerable of an evolution in the human mode of living. And today, this evolution is buzzing along faster than ever.

There has never been a time when conditions changed so rapidly—when life bettered itself so consistently. New comforts and conveniences are coming in all the time. And the rapidity with which they are invented and put before us vitally affects us all.

To take advantage of these things, you must keep yourself informed. You must know not only what they are, but also how much they cost and where and how to get them.

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Cooked Corned Beef, sliced, per pound.....25c
Best Ring Bologna, per pound.....12 1/2c
Dill or Sweet Pickles, per pound.....18c
Side Bacon, "Good," per pound.....23c
Picnic Hams, "Not Salty," per pound.....17c
Sweet Pickled Pork, per pound.....17c
Fresh Ground Beef, "For Loaf," per pound.....10c

Leg of Young Mutton, per pound.....25c
Shoulder of Young Veal, per pound.....13c
Breast of Young Veal, per pound.....10c
Lean Beef Shoulder, per pound.....10c
Standing Beef Roast, per pound.....12 1/2c
Tender Flank Steak, per pound.....18c
Beef or Pork Hearts, per pound.....6c

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Show You How

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Rib Roast, boned and rolled	22c	OUR SPECIALS FOR SATURDAY	Loin Roast of Pork	18c
Short Steaks	22c	Chuck Roast of Beef	Boston Butts	18c
Boiling Beef	7c	8c	Fresh Spare Ribs	9 1/2c
Fresh Brains	10c	Pure Creamery Butter	Fresh Pork Hearts	7c
Veal Stew	11c	35c	Pork Link Sausage	20c
Veal Shoulder Roast	18c	Fresh Eggs	Good Luck Oleo, 2 pounds for ..	41c
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Sugar Cured Breakfast Bacon, whole or half slab, pound	22c			

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